

THERAPEUTIC MASSAGE PART 3

PREPARED BY
DR USHA BAGHEL

Percussion

- Tapotement
 - Repeated rhythmical light striking of the skin
- Techniques include
 - Gentle tapping
 - Pounding
 - Cupping
 - Hacking
 - Slapping the skin

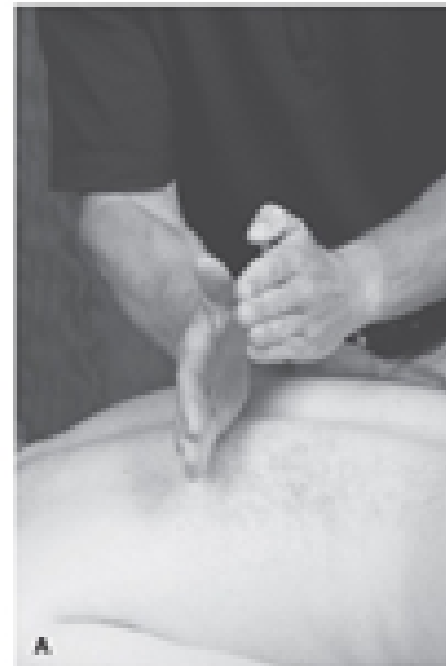


Percussion (cont.)

- Two main uses
 - For respiratory ailments to promote phlegm mobilization
 - Stimulation for precompetition preparation

Percussion (cont.)

- Keys to applying percussion massage
 - Hacking is done with the ulnar side of hand, with wrist and fingers limp
 - Karate chop



© 2008 LWW

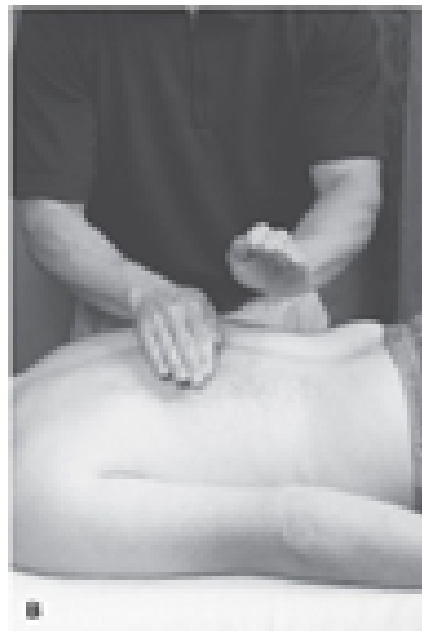


Wolters Kluwer
HEALTH

Lippincott Williams & Wilkins

Percussion (cont.)

- During cupping, only the rim of the hand should come in contact with the body



Percussion (cont.)

- Raindrops
- Variation to promote relaxation and desensitization of irritated nerve endings
- Applied by lightly touching the skin with fingers in an alternating manner
 - Typing



Vibration

- Shaking
 - Repetitively moving soft tissue back and forth over the underlying bone with minimal joint motion



© 2008 LWW



Wolters Kluwer
HEALTH

Lippincott Williams & Wilkins

Vibration (cont.)

- Principal uses
 - Relaxation of skeletal muscle
 - As a stimulus for precompetition and intercompetition owing to its effects of systemic arousal and enhanced awareness



Vibration (cont.)

- Keys to applying vibration massage
 - Apply moderate to rapid shaking strokes to the skin.
 - Rapid for precompetition
 - Moderate for postcompetition
 - Can be applied with the hands or with a machine

